

**FITNESS COMMITTEE
MINUTES
September 12, 2019
5:00 PM**

The Fitness Committee held a public meeting on September 12, 2019, beginning at 5p.m. via conference call.

Members Present

Jennifer Eastman
Dr. Aruna Nathan (Chair)
Cameron Pollock

Members Not Present

Johnel Metcalf
Dr. Mychelle Farmer
Namisa Kramer
Julie Maneen
Joanne Roberts

Maryland Department of Health Staff Present

Melissa Beasley
Amanda Klein

Agenda

1. October Council Meeting

- Structure for presentations at the overall Council meetings,
 - Presentations will include what the Fitness Committee (and the other committees) are working on and how the Council can provide guidance.
 - A preliminary agenda is set for the next meeting – since the last meeting hardly any movement for all Committees.
 - Moving forward, not the October meeting, we will expect each Committee chair to give an update on the groups progress, challenges the Committee is experiencing, and maybe ideas for collaboration with other Committees. Most Committee members selected the Committee they were most interested in, but many members could have valuable inputs in the other Committees. The goal is to provide better opportunities for Committees to discuss what they worked on and how to work with others.
- There are still vacant seats for the Council; if you know anyone who wants to join have them contact Melissa (Melissa.beasley@maryland.gov).

2. Social media

- Questions to be discussed at the October meeting:
 - Can we increase Fit150 branding?
 - What does Maryland use to promote fitness activity now?
 - MDH social media likely is not a feasible option
 - Can we use newsletters?

3. Dr. Nathan's Proposal

- The Committee walked through the questions posed at the last meeting related to Dr. Nathan's proposal. Items in italics were questions raised in the July meeting.
- *Suggestion that 1.5 hours is too long, suggest doing one hour to combat attention span.*
 - Dr. Nathan agrees, 1 hour will be a much better time allotment
- Who created the program?
 - Dr. Nathan is working with an exercise physiologist and a physician. Dr. Nathan will see if the physiologist would like to join the Council/Committee.
- Is this all in-kind for funding and time?
 - There is no funding. There is a group of women Dr. Nathan works with who have been a part of this community for many years (called Lady Docs Corner Café). One of the discussed items was how to do something without getting anything in return. The group has done something similar at a library in Prince George's County where they talked about different health subjects. This program would be a little more structured.
- *In the format, are there slides with pictures and a presentation/education component? The presentation is missing a doing component. There is some exercise in here, suggest chunking the presentation 1/3 demo, 1/3 doing, 1/3 presentation.*
 - The program will focus specifically on physical activity, not "exercise", and is based on the 2018 guidelines for physical activity.
 - A pilot is currently being developed and will take place on October 16 from 1-2 at a senior center called Oasis. The center includes retired people who belong to the health and fitness advocacy organization. Attendance by Committee members is welcome; ask Dr. Nathan for information. Dr. Nathan will provide update at the October 16 Council meeting.
 - The format as designed now will be a 7-minute introduction and then the participants will be divided into 4 breakout groups, each with a separate presenter. The session will end with a handout.
 - 7-minute introduction to include: why we should exercise, including decreased chronic conditions and hundreds of other reasons to exercise
 - The slides will be shared before the pilot to get Committee feedback.
 - The 4 breakout groups will focus on: cardio, muscle strength, flexibility, and balance.
 - Example: cardio session will include a demonstration of walking in place or jumping jacks (modified for older crowd)
 - The handout at the end will include ways to make sure people in Maryland know where they can go for exercise or find resources and depict types of exercise that can be done.
- Train the trainer using evidence-based protocols. These presentations can be done anywhere to educate people. Train community health workers (CHWs) to make these presentations.
 - Following the pilot, Dr. Nathan would like to connect to CHWs to help roll out the program.

- *Is the objective more about promoting the value of exercise targeting those who don't exercise? Doing it at the gym wouldn't make sense since they are there to exercise.*
 - Yes, this is correct. The goal is to empower the people who are coming to try and bring friends: for them to spread the word and by going through the demonstration they will be more empowered to talk about it.
- *What need are we meeting?*
 - Increase awareness of the importance of physical activity.
- *What is the target population? People who typically don't exercise? If we want to encourage people to get more physically active, then we need to be concrete about who we are targeting to fulfill that.*
 - The target population is people of every age. The program is meant to be very flexible. We want to also target the young populations since that is where the need really is. We want to make physical activity normalized. Maybe we can go into schools.
 - Should we test the program in different environments?
- *What is meant by evidence-based? Is the Committee actually creating an evidence-based program, or basing the program on recent studies that show evidence?*
 - All aspects of the program are based on exercises that are out there and peer reviewed by exercise journals and NIH GoForLife. We will provide the references in the programming.
 - It was noted to be careful using the term “evidence-based programs” as it is becoming a proper noun with a verification process for certain programs in health education and exercise to be supported by federal programs.
 - This program is based on recommendations from science, not strenuous testing, therefore not an “evidence-based program”.
- *What are the expectations and priorities of our Committee members?*
 - It would be helpful for Committee members to attend the pilot session if they are able. The session will also be recorded, and members will be able to provide feedback on how to change or improve the program. If the pilot goes well and we want to expand the program, it would be helpful for Committee members to help enlist others to demonstrate the program in other places.
 - It is helpful for Committee members to continue asking questions and provide feedback on programming. The previous questions from the July meeting helped us write the objectives and think through the program. When the information is shared, any edits or proposed items will be taken into consideration, as the team wants the fitness Committee to have a say in it.
- **Next steps**
 - Dr. Nathan will send the slides for feedback from the Committee.
 - Dr. Nathan will send out the date, time, and location of the pilot test.
 - We will see everyone at the October 16, 2019 Council meeting.